

# Print Version: Wheat Allergy Avoidance List

## Hidden names for wheat protein

The following ingredients found on a label indicate the presence of wheat protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past. Print and share copies of this list to assist people who shop or label read for your wheat allergic child.

### Contains Wheat:

Flour and types of flour [all-purpose, bread, bromated, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, phosphated, plain, self-rising, soft wheat, steel ground, stone ground, unbleached, wheat, white and whole wheat flours]  
Bread, couscous, crackers, noodles, pasta  
Bran  
Bulgur

Cereal extract  
Club wheat  
Common wheat  
Durum wheat  
Einkorn  
Emmer  
Farina  
Fu  
Germ  
Gluten  
Kamut  
Malt, malt extract  
Matzo, matzoh, matzah, matza, matsa, matso or matsoh

Seitan  
Semolina  
Spelt  
Tabbouleh  
Triticale  
Triticum  
Triticosecale  
Vital gluten  
Wheat, wheat berries, wheat bran, wheat germ, wheat gluten, wheat grass, wheat malt, wheat starch, wheat sprouts  
Whole wheat berries  
Whole wheat bread

### May Contain Wheat:

Artificial flavoring, natural flavoring  
Caramel color  
Dextrin, maltodextrin  
Food starch, gelatinized starch, modified food starch, vegetable starch  
Hydrolyzed vegetable protein, textured vegetable protein  
Monosodium glutamate, MSG  
Oats  
Shoyu sauce, soy sauce, tamari, teriyaki  
Vegetable gum



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[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

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